

- A change in the color of the skin around the fistula

Treatment for anal fistula:

The treatment usually involves a surgical procedure that is usually performed under local anesthesia, although sometimes general anesthesia may be necessary.

Self-care measures after the surgery:

- Addressing constipation
- Drinking at least two liters of water per day
- Consuming high-fiber foods such as vegetables and fruits like plums, pears, and figs
- Pain relief medication is prescribed to reduce pain during bowel movements
- Using stool softeners

Anal fistula is a narrow and tube-like channel with one opening in the rectum and another opening on the skin surrounding the anus. The main cause is chronic constipation, untreated infections, and abscesses around the anus, which are either left untreated or the patient delays seeking treatment.

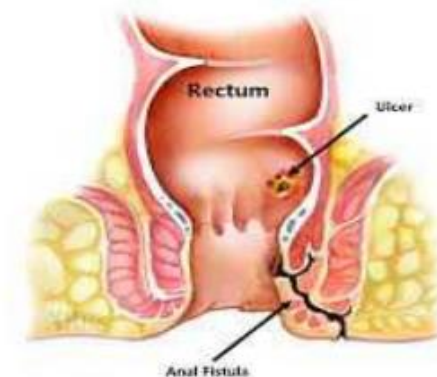
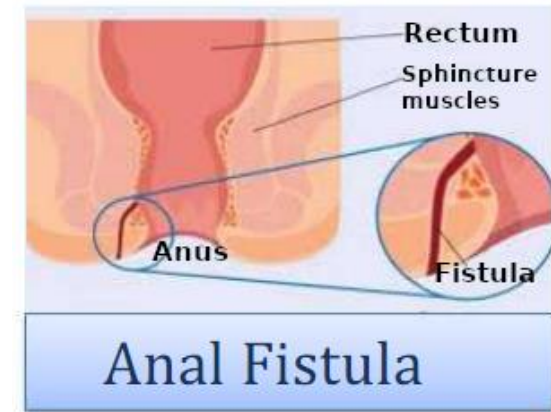
Anal fistulas are classified into various types based on their size and dimensions.

Symptoms of an anal fistula:

Symptoms include:

- The discharge of bloody and pus-like secretions from the opening beside the anus
- Pain during bowel movements
- Swelling and redness around the anus
- The presence of a firm and painful lump in the anal area

Anal fistula



surgery with your treating physician or clinic.

If you experience fever, chills, severe sweating, loss of appetite, redness or swelling at the surgery site, discharge from the wound, please see your doctor immediately. Tadbir day-clinic and limited, ambulatory surgery center



Compiled by: Soghra Pahang

References:

- or similar symptoms, walk with the help of the care team.
- You can resume your normal activities two to three weeks after the surgery.
 - Do not drive for a long time to prevent pain and irritation in the area.
 - Take care of the area around the anus, wash it gently with warm water, and dry it. Do not use toilet paper.
 - Do not sit in tight and humid places, as moisture can cause itching and irritation in the rectal area.
 - Lie on your stomach periodically, as this can help reduce tissue swelling.

The next appointment

Your next appointment should be scheduled for the day after the

- Sitting in warm water baths for 3 to 4 times a day for 10 minutes each time for two weeks
- Taking antibiotics as prescribed by your doctor
- It is important to avoid prolonged sitting and standing.
- After the surgery, immobility can cause blood clots in your legs and increase the chance of lung infection. Therefore, you should do respiratory exercises (deep breathing and coughing) and leg rotations immediately after the operation.
- To get out of bed, sit on the edge of the bed for a while and hang your legs. If you don't feel dizzy, blurry vision,

1) Brunner & Suddarth's Textbook of
Medical-Surgical Nursing